



SPORTS EMOTIONAL INTELLIGENCE PROFILE OF HIGH ACHIEVER FEMALE KHO-KHO PLAYERS

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ABSTRACT

In this study sports emotional intelligence profile of high achiever female kho-kho players has been prepared. This study was conducted on 100 high achiever female kho-kho players participated in national level tournament and part of teams who stood in first three positions. The psychological instrument used in this study was five dimensional sports emotional intelligence test prepared by Agashe and Helode (2008). Chi-Square statistics reveal that majority i.e. 83% subjects had high level of sports emotional intelligence while 14% exhibited moderate and only 3% demonstrated low level of sports emotional intelligence. It was concluded that majority of high achiever female kho-kho players possess higher magnitude of sports emotional intelligence considered as one of the most important psychological variable in today's sporting context.

KEYWORDS: Sports emotional intelligence, High achiever, females, Kho-kho.

INTRODUCTION:

Performance profiling is a tool to evaluate potentiality of a sportsperson. Performance profiling of psychological characteristics comes under psychometric. It assesses variety of psychological variables among sportspersons. The psychological profiling is often used to identify the strength and weaknesses of an athlete. The psychometric profiles help trainers to chalk out specific psychological strategies to develop and improve certain areas of mental aspect of the game. The psychometric assessment is used to assess number of psychological factors such as personality, mental toughness, anxiety, mental hardness etc. in relation to sports performance. In this list one psychological variable which come into prominence is sports emotional intelligence. Goleman (1995) defined emotional intelligence in terms of five major segments. They are (1) knowing our own emotions, (2) managing our emotions, (3) motivating ourselves, (4) recognizing the emotions of others, and (5) handling relationships.

Researchers like Hooda et al. (2009) contended that adapting to environmental stimuli more proficiently bring success in team sport. The same views were also expressed by Besharat (2006). They believed that emotional atmosphere in a team is essential for successful performance. In a study on tennis players it was found that special kind of sports specific emotional intelligence is needed for a good service performance (Sylvain Laborde, 2014). In another study Williams (2010) reported a relationship of emotional intelligence and anxiety. They concluded that higher level of emotional intelligence leads to lower level of anxiety in athletes.

One such sport in which sports emotional intelligence may be a valuable psychological construct is traditional sport of India i.e. kho-kho. Being a fast pace sport with emphasis on motor skills it also require fair amount of tactical skills. It also requires considerable amount of team cohesion. This sport is also concerned with knowing own resources and assessing opponents weaknesses. In kho-kho it is essential to not only to motivate oneself but the other team members also. In this context sports emotional intelligence may have role to play. Being a popular traditional India sport, so many researchers like Dhonge (2011), Singh and Singh (2013), Jaiswal (2014), Koura and Singh (2015), Tiwari and Agashe (2015) have explored the correlates of kho-kho performance. Surprisingly none have attempted to make a sports emotional intelligence of female kho-kho players. Hence the present study was planned to prepare a profile of sports emotional intelligence for high achiever female kho-kho players.

HYPOTHESIS:

It was hypothesized that majority of elite female kho-kho players will exhibit higher magnitude of sports emotional intelligence.

METHODOLOGY:

The following methodological steps were taken in order to conduct the present study.

Sample:

For present study, 100 national level female kho-kho players (Average age 21.41 years) were selected as sample. The criteria for selection of subjects was part of kho-kho team who stood among first three positions. Purposively sampling method was used to analyse the data.

Tools:

Sports Emotional Intelligence Test:

To assess sports emotional intelligence, five dimensional sports emotional intelligence inventory prepared by Agashe and Helode (2008) was used. This Hindi Inventory comprises of 15 items. The scoring pattern is based on five alternatives i.e. (a), (b), (c), (d) and (e) with a numerical weightage of 20, 15, 10, 05 and 00 respectively. The test-retest reliability coefficient gives this test a very high level of reliability with sufficient construct validity.

Procedure:

- Ethical considerations were taken care of before administration of sports emotional intelligence test to selected subjects.
- The responses so obtained were scored as per instructions manual given with test.
- The division of subjects into high, moderate and low level of sports emotional intelligence was carried out according to norms of this test.
- Chi square test was used to find out the frequency distribution in these categories. Results depicted in table 1.

RESULT AND DISCUSSION:

Table 1: Distribution of High Achiever Female Kho-kho Players on the Basis of Various Categories Sports Emotional Intelligence

Categories of Sports Emotional Intelligence	Frequency	Percentage (%)	χ^2
High (More than 245)	83	83.0	$\chi^2 = 112.82$ ($p < .01$)
Moderate (Between 181-245)	14	14.0	
Low (Less than 181)	03	03.0	
Total	100	100.0	

χ^2 (df=2) = 5.99 at .05 level and 9.21 at .01 level

A perusal of frequency distribution shown in table 1 indicate that 83% high achiever female kho-kho player comes under high sports emotional intelligence category, 14% high achiever female kho-kho players comes under moderate sports emotional intelligence category while only 3% high achiever female kho-kho players were low on sports emotional intelligence. $2 = 112.82$ also confirm the above fact at .01 level of statistical significance.

Researcher like Lane et al. (2009) and David et al. (2009) clearly stated in their scientific studies that sports performance is very much affected by emotions. As per the construct of sports emotional intelligence it provides sportsperson an adequate emotional state that aid them to be calm during tense situation. The other theory is based on successful adaptation. Sportsperson high in sports emotional intelligence adept better to environmental stimuli that is why they are successful

in team sport. Hence the result of the present study is according to theories and principles associated with sports specific emotional intelligence.

CONCLUSION:

On the basis of results, it was concluded that high achiever female kho-kho players possesses higher magnitude of sports emotional intelligence which suggest their psychological potentiality to use their resources to a maximum during play. high level of self confidence enables national female kabaddi players to excel and utilize their potential to a maximum effect.

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